

YELLOW GRAPE TOMATOES



Yellow grape tomatoes are relatively easy to grow, making them a popular choice for home gardeners. Try growing some grape tomatoes this summer!

PRODUCE PARTICULARS

Yellow grape tomatoes are packed with nutrients such as vitamin C, vitamin A, and antioxidants, which are important for overall health and immune function.



Like all tomatoes, yellow grape tomatoes have a high water content, which helps keep you hydrated and contributes to overall hydration levels.



Nutrition Facts

1 serving per container	
Serving size	100 g
Amount per serving	
Calories	15
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.5mg	2%
Potassium 260mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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